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U. S. Department of Agriculture

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Housekeepers' Chat

Tuesday, November 11, 1930.

Not For Publication

Subject: "Making Ice Cream at Home." From Bureau of Home Economics, U.S.D.A.

Leaflet available: "Ice Creams Frozen Without Stirring."

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Would you like to know how to make ice creams and other desserts at home? With Thanksgiving so near, and Christmas coming on, it might be a good idea to have some frozen dessert recipes on hand.

I have a collection of ice cream recipes, for any one who wants it. There's a foundation recipe for Plain Mousse, four variations of this recipe, and directions for making any one of five different flavors: Coffee; Peppermint; Peanut Brittle; Burnt Almond; and Chocolate.

On the next page there's a recipe for Strawberry Mousse, with illustrated directions for mixing, and so forth.

Then, on the next page, there are recipes for Peach Mousse, Cherry Mousse, and Prune or Apricot Mousse.

Maybe you know, and maybe you don't -- that very nice desserts may be frozen without stirring, by packing in ice and salt, or by placing in the trays of the mechanical refrigerator. Use a fairly rich mixture in these desserts, and combine the ingredients carefully, in order to get a satisfactory texture. Such ice creams are never so smooth as those prepared in a freezer, with a dasher, but they are less trouble, and when properly prepared have a flaky, crystalline texture which is quite desirable.

Heavy cream is the most satisfactory base for desserts frozen without stirring. Such cream is used in the preparation of mousses, and in combination with egg whites, in parfaits. However, heavy cream is expensive, and if used alone is too rich to be palatable; so recipes have been developed in which the rich cream is diluted with evaporated milk and thin cream, or by rich milk thickened with gelatin, eggs, or flour.

Did you ever serve a plain mousse as a sundae? It may be done, by serving the mousse with fruits, or with sauces flavored with chocolate, caramel, maple sirup, or honey.

I want to give you just one frozen dessert recipe from the new leaflet, -- but I declare I don't know which one to choose-- Plain, Strawberry, Peach, Cherry, Prune or Apricot Mousse.

Let's write the recipe for the plain Mousse--you really should have it first, anyway. Seven ingredients, for a Plain Mousse:

1 cup double cream	2 egg whites
1 cup rich milk or thin cream	1/16 teaspoon salt, and
1 teaspoon gelatin	1/2 teaspoon vanilla
6 tablespoons sugar	

Seven ingredients, for a Plain Mousse: (Repeat.)

(Read slowly).

Soak the gelatin, until soft, in a little of the milk or thin cream. Heat the remainder, and pour over the gelatin. Add the sugar and stir until dissolved, and put the mixture aside to chill. Whip the double cream. When the mixture containing the gelatin has thickened slightly, beat it to incorporate air. Add the vanilla, and fold in the whipped cream and the well-beaten egg whites. The egg whites reduce richness, increase volume, and improve texture. These proportions will make over 4 cups before freezing; or, if the egg whites are not used, about 3 cups.

If you send for the leaflet, you can read for yourself the four ways to vary this foundation recipe.

I'm sure you'll want to try all the different flavors--oh, not all the same week, of course--but some time before Christmas. Using the plain mousse as a foundation, you can make Coffee, Peppermint, Peanut Brittle, Burnt Almond, or Chocolate Mousse. It's all in the leaflet. Supposing you wanted to make a Peppermint Mousse, for instance--simply use a fourth pound of peppermint stick candy, instead of the six tablespoons of sugar called for in the recipe.

Any of these mousses--oh, let's call them frozen creams, mousses sounds positively ungrammatical--any of these frozen creams described in the leaflet may be frozen with ice and salt. The best proportions are about 3 parts of crushed ice to 1 of salt. The container for the ice-cream mixture should not be too thick. Large baking-powder cans are good for small quantities, or fancy molds may be used. Since the mold must be buried in the ice and salt, seal the opening, by drawing tightly over it a strip of cloth dipped in paraffin, or some fat with a high melting point, so that the salty water can not leak in. After packing in ice and salt, let stand for several hours. The length of time required for freezing will of course depend on the shape and size of the mold.

On the last page of the Ice Cream leaflet, there's a recipe for an Ice-Cream Sandwich. Yes indeed, an Ice Cream Sandwich. Here's how you make it:

Bake sponge cake in a pan twice the size of the ice-cream tray, if the dessert is frozen in a mechanical refrigerator. After removing the cake from the pan, cut it into two pieces, just the size of the tray. Place one section of cake on a platter, lay the mold of ice cream on the cake, and add the second portion of cake. Serve the ice-cream sandwich plain, with chocolate or other sweet sauce, or with fresh fruit.

Any questions? Yes--here's a question. Samantha says she couldn't make an Ice Cream Sandwich even if she had a recipe, because she doesn't know how to make a Sponge Cake. Well, well, Samantha, don't let that stop you. Right here is a recipe for Sponge Cake--isn't that a coincidence? Anyway, here it is, right below the Ice Cream Sandwich recipe. Eight ingredients, for Sponge Cake.

4 eggs	1 teaspoon baking powder
1 cup sugar	1/2 teaspoon lemon juice and
3 tablespoons cold water	1/2 teaspoon vanilla.
1 cup sifted soft-wheat flour	
1/4 teaspoon salt	

Eight ingredients, for Sponge Cake: (Repeat.)

Separate the egg yolks from the whites, and beat the yolks well. Gradually beat in the sugar, and add the water, and continue the beating until the mixture is very thick and light. Sift the dry ingredients together, and fold them into the egg and sugar mixture. Then fold in the stiffly beaten whites of the eggs, and add the flavoring. Bake in a thin sheet in a moderate oven (325°F.) from 30 to 45 minutes.

And so concludes our program for today, about Ice Creams. If you want the leaflet in time for the holiday season, better send right away. "Ice Creams frozen Without Stirring" is the name, and 49 is the number.

Tomorrow: "Curtains for the Kitchen and Bathroom.

